

BOOK REVIEWS



IN CHARGE OF
M. E. CAMERON

LILIES AND ORCHIDS. By Rosina C. Boardman. Price \$2.50 net. New York: Robert Grier Cook, publisher.

A series of drawings in color of some of the more interesting and beautiful species of three flower families growing in the United States east of the Rocky Mountains and in Canada, together with a few stray relatives from the Pacific slope. The author modestly sets forth the contents of her really beautiful book with so little claim for attention that one is truly surprised to find how much the work contains. There are twenty-four plates in color—most faithful reproductions of these beautiful and many of them rare flowers—each in itself a joy, and worthy of frame and a place on the wall where it would constantly remind the beholder of the quiet corners in the woods where the original is found, though, alas, as Miss Boardman only too truly laments, these shy beauties are each season becoming harder to find. It is a mournful fact that the very beauty which makes these lovely flowers so desirable is the greatest menace to their lives. Heedless flower pickers, who grasp not only the blossom, but tear up plant and root, are each year robbing us of the flowers which were meant to bloom freely for our universal satisfaction and delight. The book includes the lily family proper, with its members, wood lily, Canada, Turk's cap, tiger, day, Washington mariposa, etc., etc.; the lilies of the valley, which grow from root stocks, never, like the lily proper, from bulb or corms, and includes the Clintonia, Solomon's seal, spikenard, trillium and Indian cucumber and last but by no means least the orchid family including the lovely arethusas, grass pinks, ladies' slipper, ladies' tresses, pogonia, and the most familiar, and perhaps best loved of all, the various Habenaria, which we know as the wood orchis, the meadow orchis, or the bog orchis, in its many shades, and variously formed spikes of lavender, pink, yellow, and white, a single stem of which will scent a whole room.

Next to having the flowers fresh from their native haunts comes the pleasure of looking at their faithful reproduction—so true in drawing and color that one almost puts out one's hand to turn up the bending lily and look inside.

One can hardly overestimate the value in wholesomeness of an impulse toward nature study, and Miss Boardman is to be congratulated for giving us such an alluring invitation to go forth into the woods in search of beauty. The book will make a charming Easter gift for a nature lover.

THE BABY. A book for Mothers and Nurses. By Daniel Rollins Brown, A.B., M.D. Price \$1.00 net. Whitcomb and Barrows, Boston.

Seldom has it been the lot of the reviewer to chance upon a book written so understandingly and sympathetically by a man, on the "Baby"—a subject usually yielded up to the woman as belonging peculiarly to her province. The present work is designed as an aid to the mother or nurse upon whom rests the responsibility of guarding and nourishing the helpless infant through its early years. The author very rightly insists that upon the fidelity and capability of the mother and nurse in these early days, the welfare of the child depends throughout its life. The professional tone is entirely eliminated and in reading one constantly loses sight of the fact of being under the doctor's orders, although the conviction grows stronger and stronger that the writer knows all that is to be known about babies.

Touching lightly on the features in which the newly born differs from the adult, the pulse, respiration, digestion, etc., the writer passes on to the all-important subject of feeding (no doubt the infants would all applaud if they knew), giving the preference to the breast-feeding; he goes on to speak of substitute feeding where the mother is unable to nourish her child. Unlike many specialists on this subject he prefers the home modified milk to the product of the laboratory, distrusting the multiple handling necessary before the product reaches the baby. Granting that the mother or nurse makes herself intelligent as to the food values of the different parts of the milk, and the modification necessary, she can prepare the food accurately and at a far smaller cost than the laboratories will do it. Moreover it must be far toward compensation for being unable to nourish her child from her own breasts, if she personally sees to the preparation of her child's food and knows the integrity of its constituents.

The premature infant has a chapter to itself and a special table for its food which must needs be specially adapted to its low vitality.

Given its proper food and sleep, and the writer is very insistent on this point, proper clothing, fresh air, and cool baths, he sees no reason why the baby need have any ailments, but if it does there is a chapter on